

# Gyro (YEER-o)

Meat • Vegetable • Grains/Breads

Sandwiches F-9

| Ingredients                                  | 50 Servings     |                  | 100 Servings     |                  | For _____<br>Servings | Directions   |
|--|-----------------|------------------|------------------|------------------|-----------------------|--|
|  | Weight          | Measure          | Weight           | Measure          |                       |  |
| Pita bread, 6½" diameter,<br>2 oz each ..... | .....           | 25 each.....     | .....            | 50 each .....    | .....                 | 1. Cut pita bread in half crosswise.   |
| Precooked, sliced gyro meat ..               | 6 lb 4 oz ..... | .....            | 12 lb 8 oz ..... | .....            | .....                 | 2. Place 2 oz of gyro meat inside each half of the pita.<br>3. Place 15 filled pita halves flat side down, in each 12" x 20" x 2½" steam table pan. Cover with lid or foil to prevent drying.<br><b>To Bake:</b><br>Conventional Oven<br>350°F, 3-5 minutes<br>Convection Oven<br>325°F, 3-5 minutes<br>Steamer, 3-5 minutes |
| *Tomatoes, sliced .....                      | 3 lb 2 oz ..... | .....            | 6 lb 4 oz .....  | .....            | .....                 | 4. Serve each pita sandwich with diced or sliced tomatoes (1 oz), 2 Tbsp (½ oz) diced onions, and 2 Tbsp (1 oz) of Cucumber Sauce (G-13).  |
| *Onions, diced .....                         | 1 lb 9 oz ..... | 1 qt 1 cup ..... | 3 lb 2 oz .....  | 2 qt 2 cups .... | .....                 |  |
| Cucumber Sauce (G-13) .....                  | 3 lb 2 oz ..... | 1 qt 2¼ cups     | 6 lb 4 oz .....  | 3 qt ½ cup ....  | .....                 |  |

\*See Marketing Guide.

(over)

**Gyro (continued, page 2 of 2)**

**SERVING:** half-pita, with onions, tomatoes, and Cucumber Sauce (G-13)  
provides 2 oz of meat,  $\frac{1}{4}$  cup of vegetable,  
and 1 serving of grains/breads

– or –

half-pita, with onions, and tomatoes (**no** Cucumber Sauce)  
provides 2 oz of meat,  $\frac{1}{8}$  cup of vegetable,  
and 1 serving of grains/breads

**YIELD:** 50 servings: 50 half pitas  
100 servings: 100 half pitas

- Special Tips:**
- 1) Chicken gyro meat will provide variety; so will whole-wheat pita bread.
  - 2) For best results, heat meat (covered) in a steamer to retain moisture.

**Nutrients Per Serving**

|              |        |               |              |               |        |
|--------------|--------|---------------|--------------|---------------|--------|
| Calories     | 286    | Saturated Fat | 5.1 g        | Iron          | 2.5 mg |
| Protein      | 18 g   | Cholesterol   | 52 mg        | Calcium       | 56 mg  |
| Carbohydrate | 21 g   | Vitamin A     | 20 RE/195 IU | Sodium        | 240 mg |
| Total Fat    | 13.7 g | Vitamin C     | 7 mg         | Dietary Fiber | 1 g    |

**Marketing Guide for Selected Items**

| Food as Purchased | For 50-Serving Recipe | For 100-Serving Recipe | For ____-Serving Recipe |
|-------------------|-----------------------|------------------------|-------------------------|
| Tomatoes .....    | 3 lb 3 oz .....       | 6 lb 6 oz .....        | .....                   |
| Onions .....      | 1 lb 13 oz ....       | 3 lb 10 oz ....        | .....                   |